

# Helping your child manage BIG back-to-school feelings

The start of school can be exciting — but also nerve-wracking. Check out some expert-approved tips for helping your child head back to the classroom with confidence.

## TIP 1

### LISTEN

When your child shares a worry, let them know you are there to support them and listen no matter what.

## TIP 2

### BUILD IN SOME FLEXIBILITY

Remind your child they're not alone and everyone struggles before big changes like going back to school.

## TIP 3

### MAKE A PLAN

Come up with a plan together on ways to manage worries. For example, what to do if they think they're going to miss the bus.

## TIP 4

### FOCUS ON THE GOOD STUFF

What are some things they can look forward to, like a new movie or a trip? Remind them of the positive things in their life.

## TIP 5

### PRACTICE CALMING SKILLS

Practice breathing exercises together, so that when worries do come up, they have a strategy to help them calm down.

## TIP 6

### REMIND THEM — THEY'VE GOT THIS!

Remind your child of other times they faced their fears and things turned out okay. Help them remember what they did then.

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